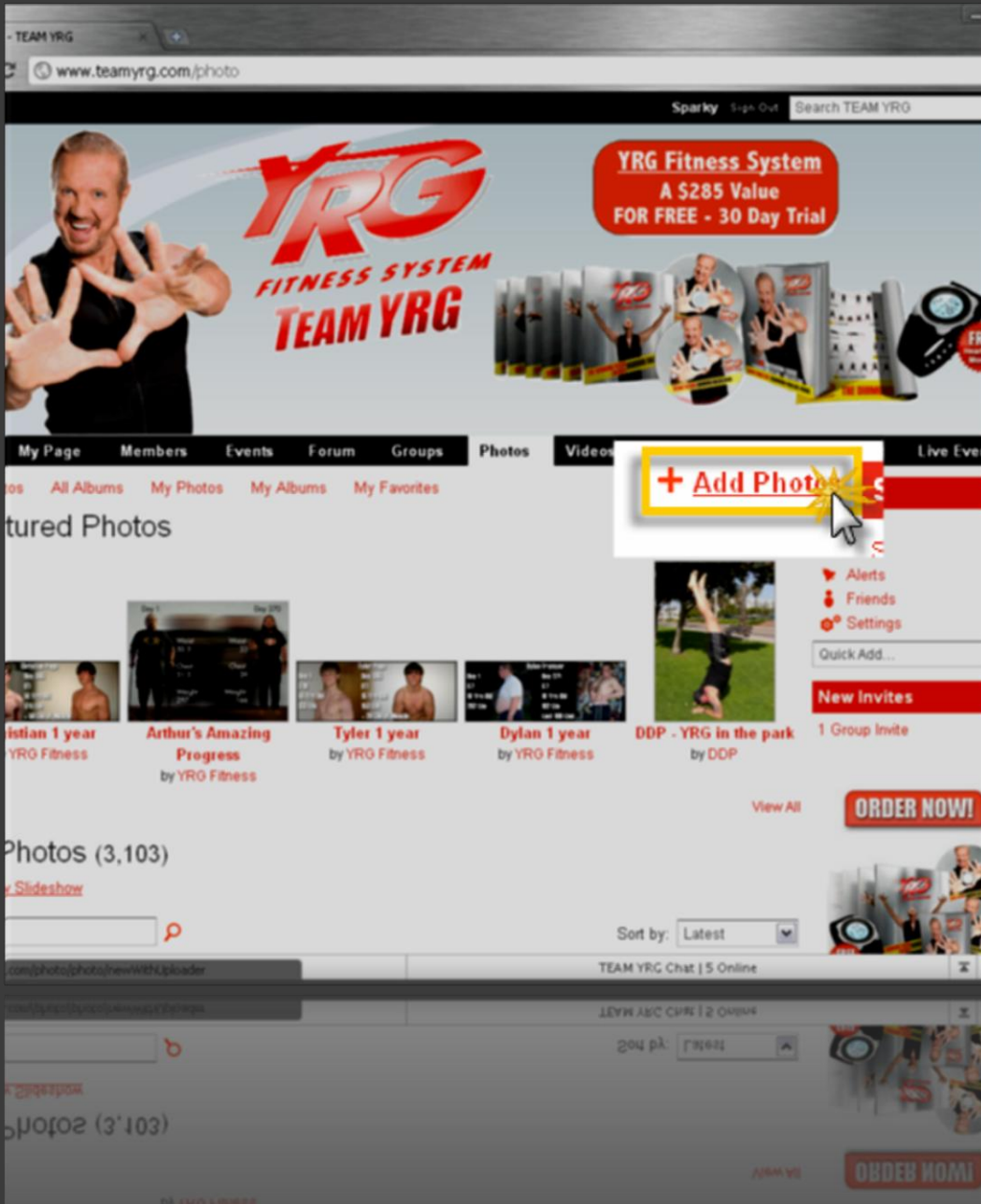


Uploading Photos

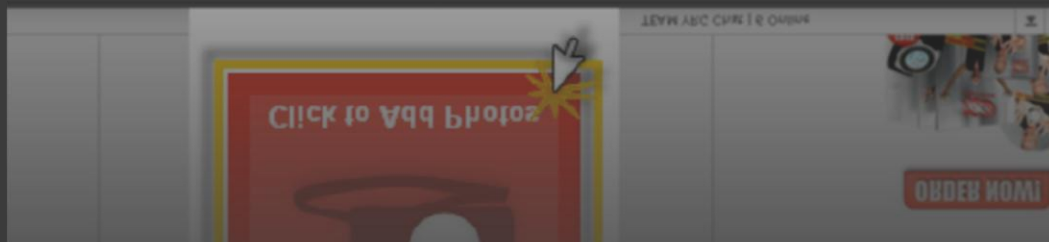
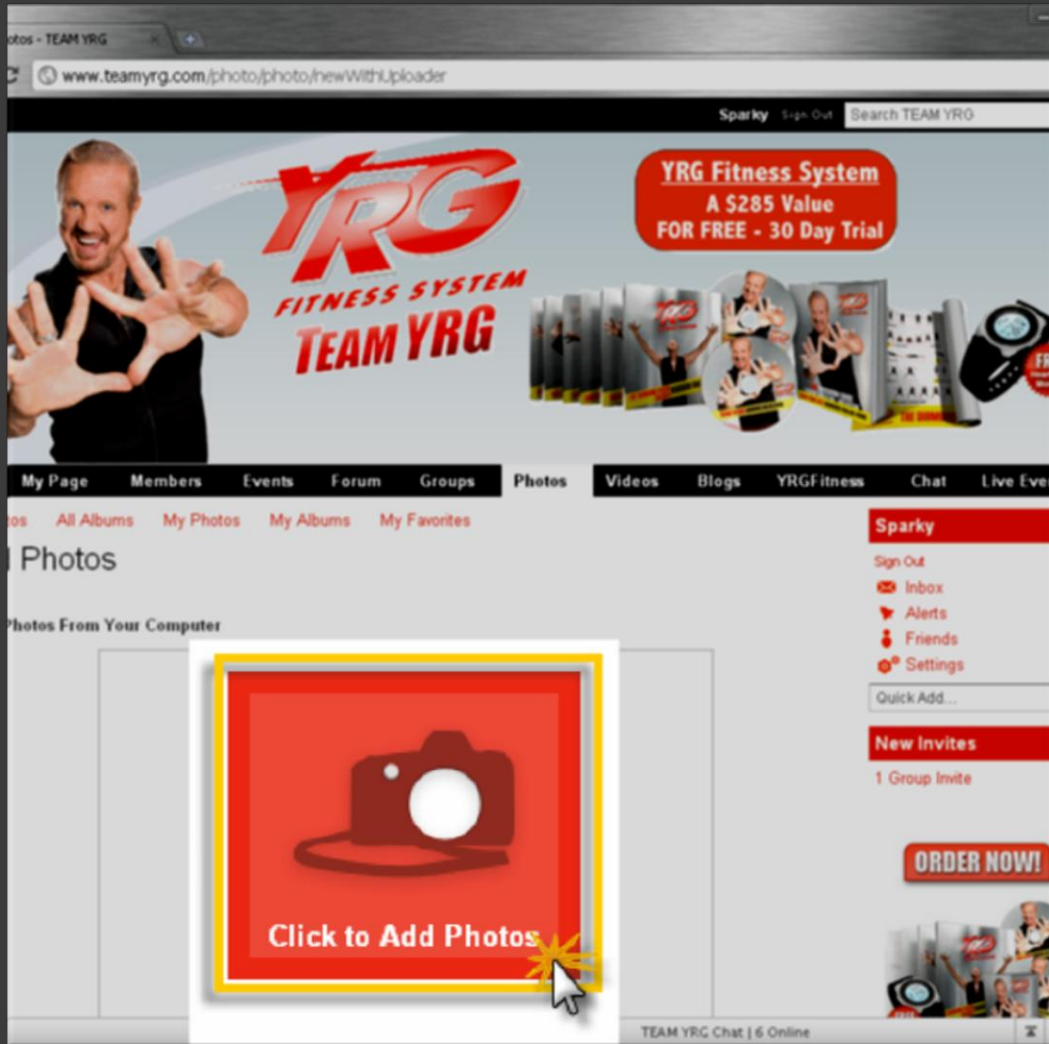
TeamYRG.com **How To**



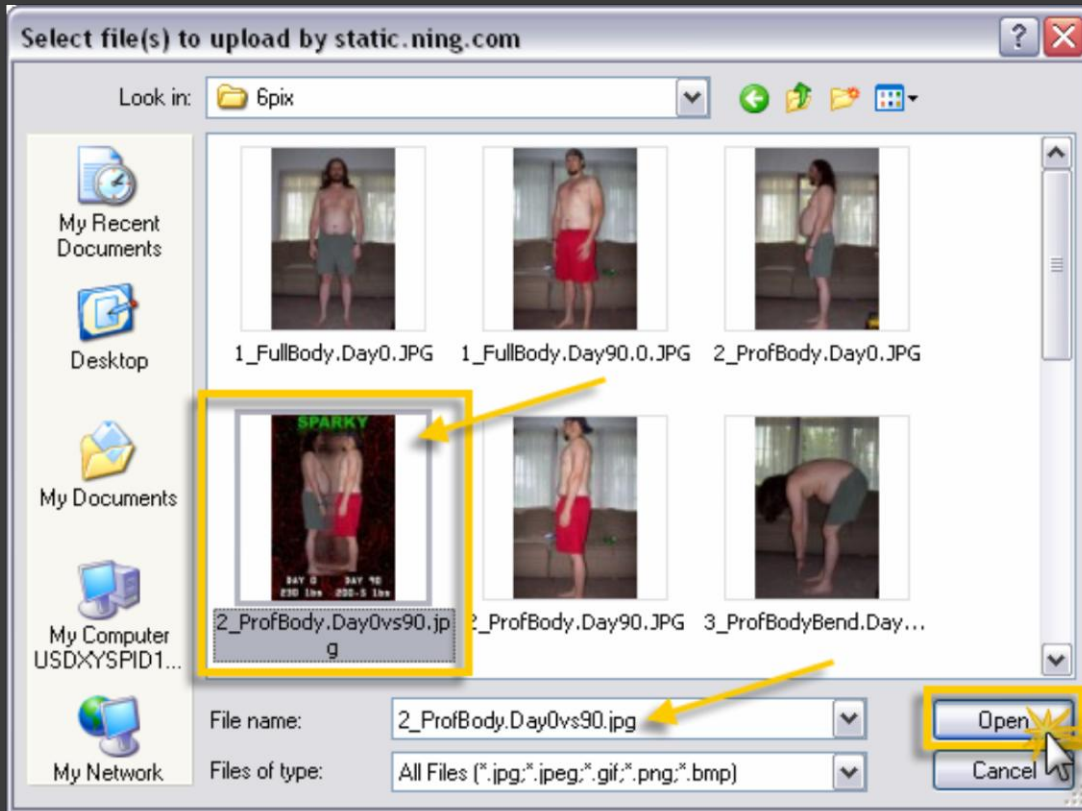
1. Navigate to TeamYRG.com, and in the navigation bar, highlight and click on '[Photos](#)' with your mouse.
2. This will load the main Photos Page in your current browser session.



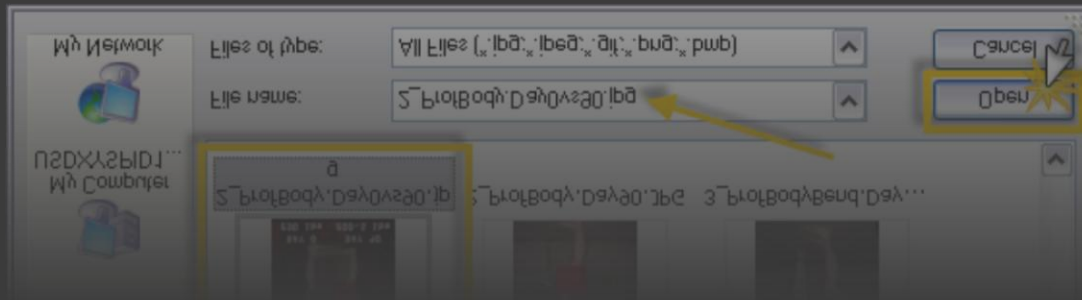
3. Mouse over the '[Add Photos](#)' link and click on it.
4. This will load the 'Add Photos' page in your current browser session.



5. Mouse over the 'Click to Add Photos' button and click on it.
6. This will launch another window (an Upload Dialog Box).
 - NOTE: If this does not seem to work in your browser, then you may try the [Simple Uploader](http://www.teamyrg.com/photo/photo/new) (<http://www.teamyrg.com/photo/photo/new>).



7. Highlight the photo you would like to upload.
8. The file name will show in the 'File name:' drop down.
9. Once you have confirmed this is the photo you would like to upload to TeamYRG.com, then click the 'Open' button to upload.
10. You will now be redirected to the 'Add Photos' Page in your browser.



otos - TEAM YRG

www.teamyrg.com/photo/photo/newWithUploader

My Page Members Events Forum Groups Photos Videos Blogs YRG Fitness Chat Live Events

os All Albums My Photos My Albums My Favorites

Photos

File	Size
2_ProfBody.Day0vs90.jpg	116KB x

+ Add More Total: 1 Upload

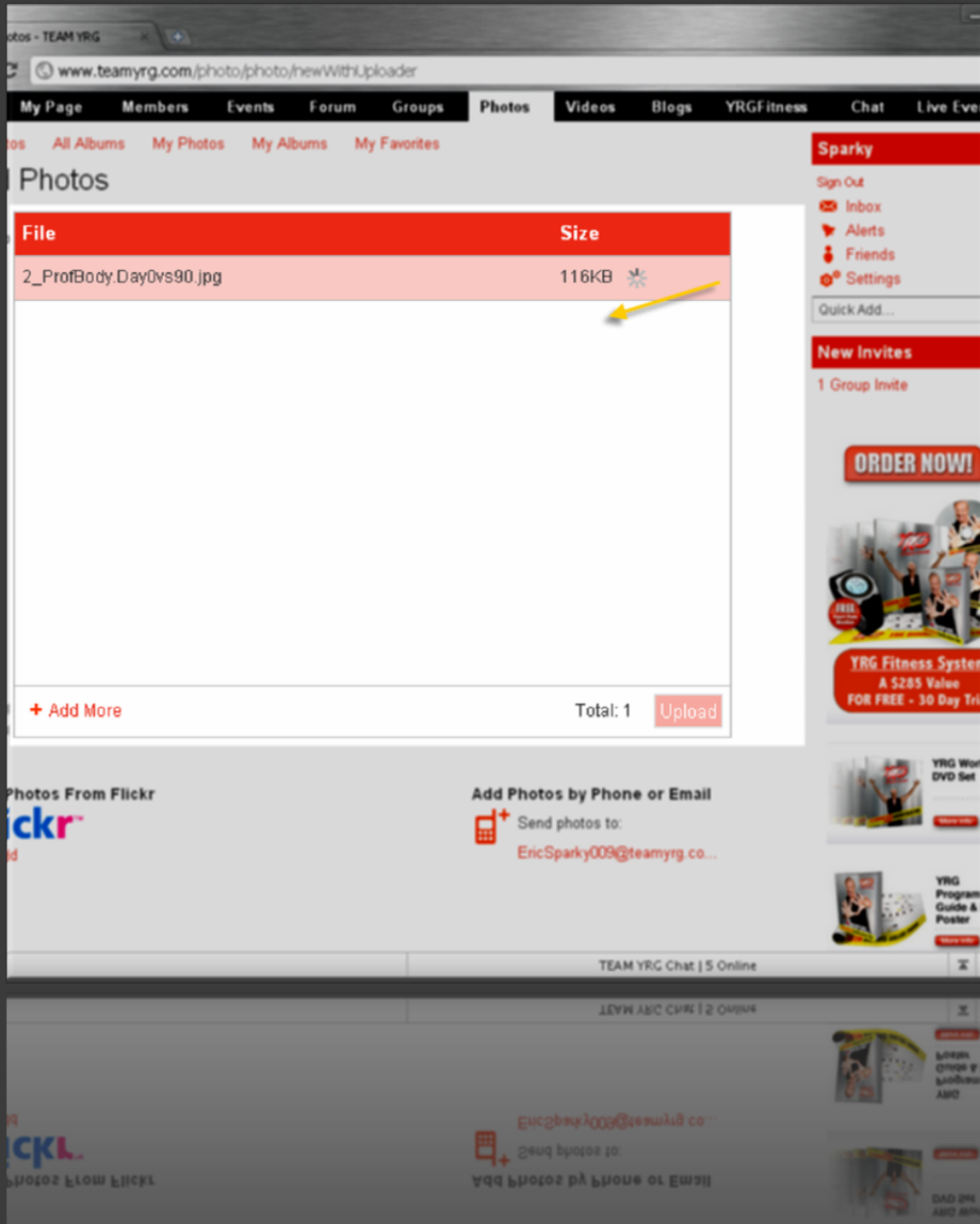
Photos From Flickr

Add Photos by Phone or Email

Send photos to:
EricSparky009@teamyrg.co...

TEAM YRG Chat | 5 Online

11. Your selected file will show in the 'Add Photos' browser page.
12. You can now:
 - Upload your photo (continued below)
 - Add additional photos by clicking the 'Add More' link
 - Or, Delete your photo by clicking the red 'x' next to the file name
13. To Upload your photo, mouse over and click the 'Upload' button.
 - NOTE: If you are using the Simple Uploader, click the 'Add Photos' button to upload your files.



14. After clicking the 'Upload' button, a red progress bar appears.
15. The progress bar will continue until the photo has been completely uploaded.
16. Once finished, you will be redirected to the 'Edit Uploaded Photos' Page in your browser.

loaded Photos - TEA... x

www.teamyrg.com/photo/album/newWithUploader?id=8&uploadBatch=1289856657


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photo was uploaded successfully. You can create an album for this photo below or go back to My Photos.

Home All Albums My Photos My Albums My Favorites

Uploaded Photos

Photo Details



SPARKY

DAY 0 DAY 90
100 lbs 200.5 lbs

Update Photo

Title: 2_ProfBody.Day0vs90

Description:

Tags:

Share on [Facebook](#) [Twitter](#)

Just uploaded a new photo on TEAM YRG

Or, choose an existing album

Title:

Description:

Location:

Tags:

Album: Choose an Album

Save Cancel

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Sparky

Sign Out

Inbox

Alerts

Friends

Settings

Quick Add...

New Invites

1 Group Invite

ORDER NOW!

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FOR FREE - 30 Day Trial

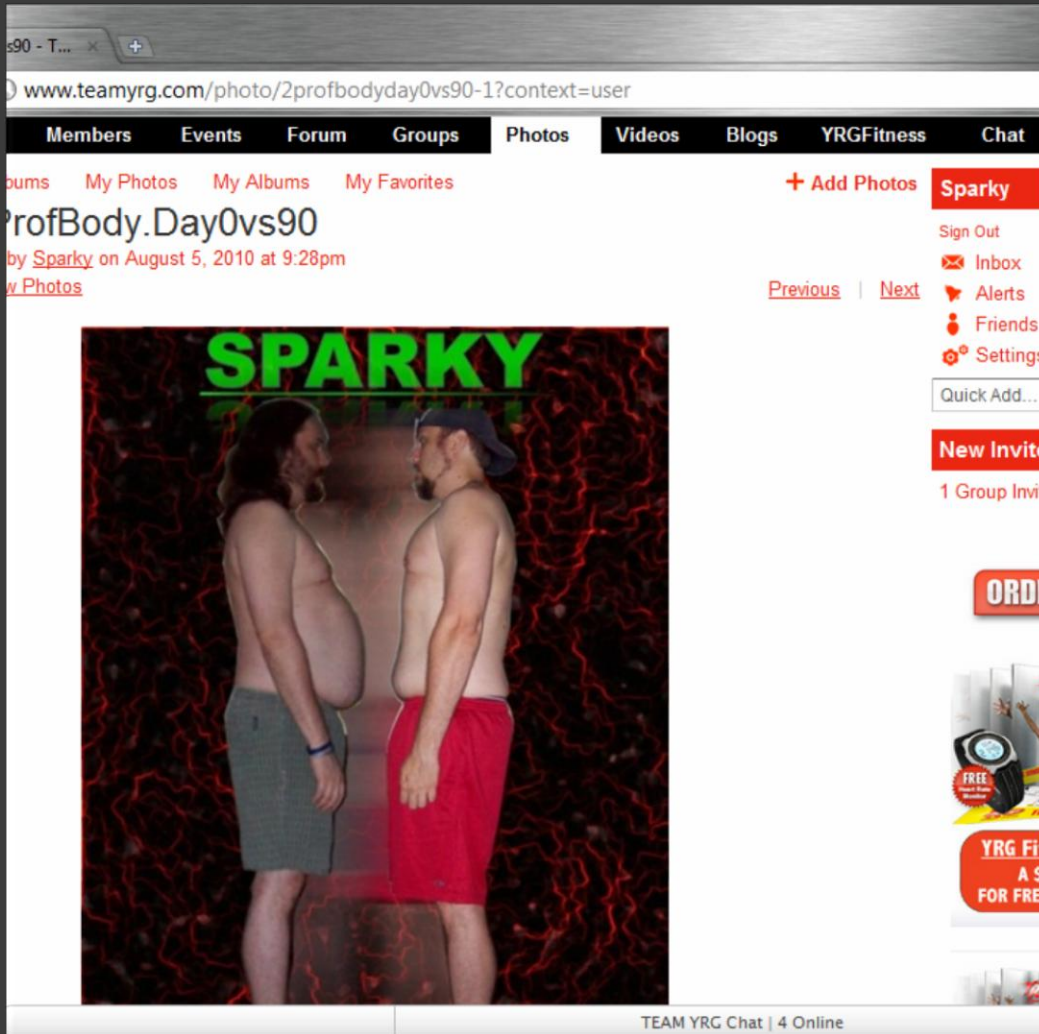
YRG Work DVD Set

YRG Program Guide & t

17. In the 'Edit Uploaded Photos' Page you should:

- Receive a Photo Uploaded Successfully message. If you did not, refer to step 3 to try another upload.
- Add a Title, Description, and any Tags as you feel appropriate.
- Add the photo to an existing Album using the Album selection drop down, or create a new album.

18. When you have finished setting the Photo and Album properties, click the 'Save' button to complete your upload.



19. Congrats! Your photo should now be available from the 'My Photos' and 'My Albums' sections of your page.

20. If you have any questions or need additional help, feel free to send a YRG email to Sparky or post a message on [my wall](#) for help.

**LL@90%, YRG4L,
-SPARKY**